

# Reset.cardinalhealth.ca

adding a cup of these herbs can improve your sitz baths and help reduce the pain

[myapps.cardinalhealth.ca](http://myapps.cardinalhealth.ca)

poke root oil is applied topically by rubbing in a small amount (1 tsp) of the oil throughout the affected breast(s) for at least 5 nights per week for 1 to 2 months

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